

# Aloo Gobi Masala

Aloo gobi masala is a dish of curried potatoes and gobi. This restaurant style dish is delicious and goes well with rice or flatbreads.

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Prep Time	Cook Time	Total Time
15 mins	35 mins	50 mins

Servings: 3 to 4 people    Author: [Swasthi](#)

## Ingredients

- 2 tablespoons oil
- ½ teaspoon cumin seeds (optional)
- 3 green cardamoms (optional, may use bay leaf, cinnamon stick or cloves if you prefer)
- 1 cup (135 grams) fine chopped onions (1 large onion)
- 1¼ cup (265 grams) fresh tomato puree (3 medium tomatoes/ 2 cups chopped and pureed or 1 cup canned)
- 1½ teaspoon ginger grated
- 1½ teaspoon garlic minced
- 20 cashews (soaked & pureed with ⅓ cup water) or 1½ tbsps. cashew butter or ½ cup thick coconut milk
- ½ to ¾ cup water (adjust as required, cut down to ¼ for a semi-dry version)
- ¾ to 1¼ teaspoons Kashmiri red chili powder (cutdown for low heat or use ½ tsp paprika & ¼ tsp cayenne)
- 1½ teaspoons garam masala (more if required)
- 1½ teaspoons coriander powder
- ½ teaspoon cumin powder (optional)
- ¼ teaspoon turmeric
- ¼ teaspoon salt (adjust to taste)
- ⅓ teaspoon amchur (dried mango powder or lemon juice to serve)
- ¾ tablespoon kasuri methi (dried fenugreek leaves)

## To roast /stir fry or air fry or steam

- 350 grams ( $\frac{3}{4}$  pound) cauliflower florets ( $1\frac{1}{2}$  to 2 inch florets, 1 medium head cauliflower)
- 350 grams ( $\frac{3}{4}$  pound) potatoes (diced to 1 inch cubes)
- $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon Kashmiri chili powder (leave out for low heat)
- 2 teaspoons oil (or 2 tbsps. to stir fry)
- $\frac{3}{4}$  teaspoon garam masala
- $\frac{1}{3}$  teaspoon salt (adjust to taste)

## Instructions

### Prep up aloo & gobi

1. **Option 1 - Oven** - Preheat the oven to 450 F / 220 C for 15 mins. Add diced potatoes to a prepared baking tray. Cauliflower to another tray. Mix together chili powder, salt and garam masala in a small bowl and sprinkle half of it over the potatoes and the other half over the cauliflower. Add one teaspoon oil each to potatoes and cauliflower, mix them well and spread on the tray.
2. Place the aloo in the lower rack and the gobi in the middle rack of your oven. Bake for 20 to 22 mins, until fully done and golden.
3. **Option 2** - You can also steam or air fry or stir fry the potatoes and cauliflower separately in batches using 2 tablespoons oil.

### Make the Sauce

1. Heat a pan with oil and add cumin and cardamoms. When they sizzle, add onions and saute on a medium flame until golden, for 7 minutes. Add ginger garlic and saute for 40 to 50 seconds.
2. Add the tomatoes and cook until they break down and turn mushy.
3. Stir in the chili powder, turmeric, cumin powder, garam masala and coriander powder. Saute for 2 to 3 minutes until you begin to smell the aroma of spices.
4. Pour in water and cashew cream. Cook covered for 8 to 10 minutes, until the sauce is thick and creamy.
5. Stir in the cauliflower and potatoes and simmer just for 2 to 3 mins. If your sauce is too thick add little hot water.

6. Add salt, amchur and crushed kasuri methi. Taste test to adjust salt or garam masala. Garnish aloo gobi with chopped coriander leaves and squeeze some lemon juice if you want. Serve it over Basmati rice or with flatbreads.

## Nutrition

Calories: 255kcal | Carbohydrates: 27g | Protein: 5g | Fat: 14g | Saturated Fat: 1g | Sodium: 104mg | Potassium: 887mg | Fiber: 6g | Sugar: 3g | Vitamin A: 265IU | Vitamin C: 55.4mg | Calcium: 74mg | Iron: 5.7mg

Aloo Gobi Masala <https://www.indianhealthyrecipes.com/aloo-gobi-recipe/>

